

Breakfast Bake

Makes: 16 or 48 servings

Ingredients	16 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Eggs, fresh, beaten	1 lb	8 large	3 lb	24 large
Milk, low fat	1 lb	2 cups	3 lb	6 cups
Mustard, yellow		1 Tbsp		3 Tbsp
Parsley, dried		2 Tbsp 2 tsp		1/2 cup
Salt, table		3/4 tsp		2 1/2 tsp
Pepper, black		1/2 tsp		1/2 Tbsp
Onion, fresh, chopped fine		2 Tbsp		1/2 cup
Ham, cooked, chopped		1 lb		3 lb
Hash Browns, frozen, shredded	3 lb		9 lb	
Cheese, American, shredded	4.5 oz		13.5 oz	
Pan release spray		As needed		As needed

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	281	
Total Fat	14 g	
Protein	14 g	
Carbohydrates	26.5 g	
Dietary Fiber	1.8 g	
Saturated Fat	5.6 g	
Sodium	541 mg	

Directions

1. Preheat convection oven to 325° F or conventional oven to 350° F.
2. In mixing bowl, beat eggs well. Mix in milk and yellow mustard until well blended.
3. Add spices and seasonings to egg mixture.
4. In separate bowl, place onions, ham, hash browns and ½ the amount of cheese. Stir well.
5. Pour egg mixture over meat and vegetable mixture. Stir until well blended.
6. Spray 12" x 20" x 2" steam table pan(s) with pan release spray. Add 3 qt of casserole mixture to each pan.
7. Sprinkle with remaining cheese (approximately 2.25 oz per pan).
8. Bake casserole for 20-30 minutes or until internal temperature reaches 160 F. Cut each pan in 4 x 4 for 16 servings. CCP: Heat to 160 F or higher for 15 seconds. CCP: Hold for hot service at 135 F or higher.

Notes

Serving Tips:

Recipe can be made the night before and held in the refrigerator at 41° F or colder.